



Novi Sad report

My Newbold experience: exquisite

Stretching my faith

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Mental health warning signs



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The purpose for @ncounter is to develop youth and youth leadership spiritually and motivationally, in faith and in service.

Hello Reader
 With this in your hands I'm sure it seems the summer was a long time ago, and the events and activities, church, family, or otherwise, are fading. At least nowadays we have digital pictures rather than age-impacted camera film and prints. May your good memories last.

Now back on with life, studies, work, even plans for Christmas.

It is the thoughts of normal life and church life that I have been reflecting on and reading about. Actually, my reading has been listening to books on CD in the car on long journeys. The author of *You Lost Me* suggests that there is a disconnect between church and 'real' life. That this produces three types of people who leave or are on the edge of church.

Prodigals – they have gone. Left. Not coming back: at least, not yet.

Nomads – are looking for spiritual meaning in life, but maybe in another way or place.

Exiles – who are challenged to live out their lives but in a 'foreign' environment. His example is of Daniel and his three friends. Keen to apply their faith, but needing to do this in an environment that is alien to their beliefs.

As you read this edition of @ncounter, as you reflect on your year, as you seek to engage your faith in your new school, college, university, or workplace, consider the lives of Daniel and his friends. Consider that God is with you. Consider that God has a mission for you, right where you are. Consider that your future is not so much dependent on what you achieve, but who you achieve it for.

Happy reading.
Nathan

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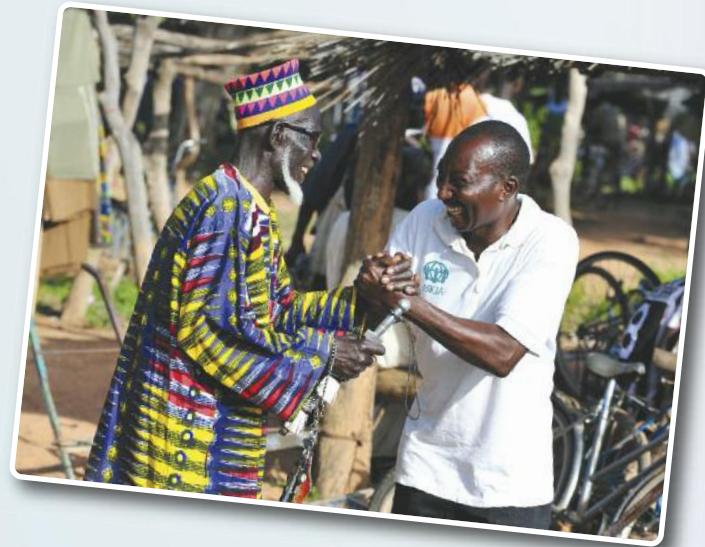
Grassroots development

The team here at ADRA-UK were delighted when Justine Greening, International Development Secretary for the UK Government, visited ADRA on 20 May. One thing that impressed her most of all about the work ADRA does is that we are a grassroots development organisation.

Before you go thinking that grassroots is just about growing stuff and fertilising soil, think again! In fact, 'grassroots' actually means that ADRA uses a 'bottom-up' approach to people in need. This means that the people who will benefit most from a development project have a real say in determining their future. Just like you can't grow grass without roots, ADRA makes sure that the 'roots' of a community are strongly involved in their own development.

A few years ago when I was in Mali I noticed that the fields were dry and barren. Two women were trying to till the land and the dust rose in big clouds around them. I wondered how things could possibly grow in such a place. When I asked them, the women told me that before they could not grow anything; but, thanks to a well that they had installed with the help of ADRA a few hundred yards away, they could now water the land and the field would soon be growing vital crops. They told me, 'You have given us the tools and now we can do the work!' This is one example of how ADRA encourages sustainable development by empowering local people to pick up the tools for escaping the cycle of poverty.

ADRA's grassroots approach is all about letting beneficiaries speak up about what they think needs to be done to change their lives, and working with them to make it happen.



o Bert Smit
CEO, ADRA-UK



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Stretching my faith

To describe my volunteer experience, I would have to say it was like jumping off a cliff. I had no idea what I was getting myself into. I was in my second year of college, taking Elementary Education, and I was sure that teaching was for me. My life had been pretty normal up to that point – no huge illnesses – and I was in a stable relationship with God. But I wanted more.

Looking for adventure and that 'best-year-of-my-life' experience that all volunteer recruiters promised, I put my education on hold and applied to be a volunteer.

My first choice was Cambodia. However, things didn't work out, and on 5 August 2011 I found myself on a plane to Yap, Micronesia, as the newly appointed third grade teacher. I was excited, scared, and very sure that this year would be unforgettable. I very clearly remember asking God to stretch my faith.

The first few weeks there were some of the happiest I have ever experienced. My new life was a chaos of getting settled, adjusting to the new environment (especially the heat), and trying to figure out what to teach and how to teach it. I was loving every minute. Yes, there were problems, but I had expected minor problems. The main thing was that I was enjoying teaching, my relationship with God was growing, and I loved the people that I was working with as well as my students.

Then I got sick. I went to the hospital and was told it was just the flu. However, two weeks later, my stomach was in so



o Pamela Simanton

much pain that it was decided I should go back to the hospital just to be safe.

Hospitals in Yap are very different from hospitals in Canada. So I was a little nervous when the doctor discovered that I needed to have my appendix removed.

It was too late to fly me anywhere else and it was decided that I would have surgery on the island. I remember being wheeled into the operating room, saying to myself, 'This is not what I signed up for!' I was not sure my faith was strong enough to handle a surgery far away from home, without my parents. But I had no choice. Panic and nerves began to set in. Nothing this big had ever happened to me. This was not in my perfect plan for volunteer life.

Recovery seemed to be going okay after that. The hospital had no air-conditioning and their definition of sanitation was a little different from mine. All the same, I seemed to be healing. Then, a week after surgery, I began to run a fever. Andrea, a fellow volunteer, walked in on me covered in a blanket and complaining of the cold. It was probably

over 35 degrees Celsius (over 95 degrees Fahrenheit)

at the time. Back to the hospital we went. This time the doctors really had no idea what was wrong. They put me back in my room, hooked up an IV, and watched as my temperature slowly increased. That night was one of the worst I had ever experienced. I knew I needed to leave Yap, but I just did not see how it was possible. I did not have the money to fly to Guam and the hospital did not want to let me go. On top of that, if I did not make the flight that night, the next flight was three days away. What was I supposed to do? Praying was the only solution, and it was a combined effort: from the staff, students, and church members on Yap to my parents, friends, family, and church members at home. Not only did they pray, but members of the church and school combined resources to help get me off the island. In fact, one very special and beloved person was willing to pay my airfare and hers so that I was ensured a flight, had a companion to take care of me, and was not forced to wait till





Tuesday. It was an answer to my prayers and it could not have come at a better time.

After a long and taxing flight, I found myself at the Guam Memorial Hospital. Unfortunately, the hospital is small, and the wait can sometimes take up to two days. I remember lying there and thinking, 'All right God. I can't handle this any longer. I am in too much pain. You said You wouldn't give me more than I could bear. Please get me a room.' Yet again, God answered my prayers through the extraordinary efforts of individuals. The doctors who worked at the Seventh-day Adventist clinic in Guam came through and got me my own room. In fact, one of the doctor's wives brought extra blankets and other such things to make me feel at home.

After undergoing many tests, the doctors concluded that I had several infections and I began a round of antibiotics which took about a week and a half. By this stage, my spirits were low.

As the months went by, I learned a lot. I would never agree that it's okay to be

angry at God. But I understand why He says to be either hot or cold. He was able to work with my anger because it meant that I was still talking to Him. As our relationship began to heal, I felt like God was calling me back to Yap. At first, I have to admit, it was my own stubbornness I heard. Everyone was telling me not to go back, but I was going to prove them wrong. Maybe I could finally get the volunteer experience I so desperately craved. But then I began to truly focus on what God wanted and I felt His leading.

This was not the 'best-year-of-my-life' experience that I had been expecting. In fact, it seemed to be turning into the worst year of my life. I clung to the promise that God would not send me more than I could bear. I pleaded with God to be reunited with my students. It was breaking my heart that I wasn't able to teach them and that I was causing so much stress for the school. Everyone was working extra hours to cover my classes and the other duties I had. I felt extremely guilty because of that, and I just wanted to get back to my volunteer work.

This is where I really saw God stepping up through other people. First, there was Andrea, the amazing woman who accompanied me to Guam. She was a constant source of wisdom and spiritual guidance. Then there was the family who picked me up from the airport and helped us through the entire experience. We were new to Guam and they provided us with all the resources and company we needed.

Two weeks and a lot of little miracles later, I was back in Yap. But as much as I pushed myself and pleaded with God, I was not fully recovered. In fact, I seemed to be slowly getting worse again. My only goal was to teach my students, but I could barely survive half a day. Finally, instead of praying for a specific answer, I prayed for God to give me the ability to accept His will. About a week later, it was decided that I should leave Yap. It was the hardest decision of my life. But it had to be done.

The flight was long and I cried most of the way. I was so angry at God for my departure from Yap. For some reason, I believed that as soon as I accepted His will, it would coincide with mine.

Unfortunately, it had not, and I was furious. I don't remember much of what I said to Him or what the plane ride was like, but I probably scared most of the poor passengers to death. It was during that time that I decided that I would return to Yap no matter what. I remember being wheeled into the airport and loudly proclaiming to my parents that I was going back. They probably thought I was crazy.

I spent several weeks recovering at home. Up until the day I left, I still believed that God would pull through, allowing me to recover and stay in Yap. Once home, it was an awakening to me. He had not answered my prayers. I was in rough shape, having lost at least thirty pounds, and I was tired all the time. The smell of food made me sick; my stomach caused me constant discomfort, and I had been on high levels of pain medication for almost a month. To make matters worse, people at home did not understand what I went through. It seemed that they were blaming me. It came across as if they believed that I would have been fine if my prayer life had been stronger, or if I had had more faith. Because of this, I vowed I was going back if I had to swim the whole way myself. I would prove to them that Yap was where God wanted me.

At present, I feel almost normal again. My relationship with God is back on track, but to be completely honest, I still have my doubts. I see pictures of others and their great volunteer experiences and I get jealous. Most of my pictures show me in various stages of sickness, in various hospitals. Not

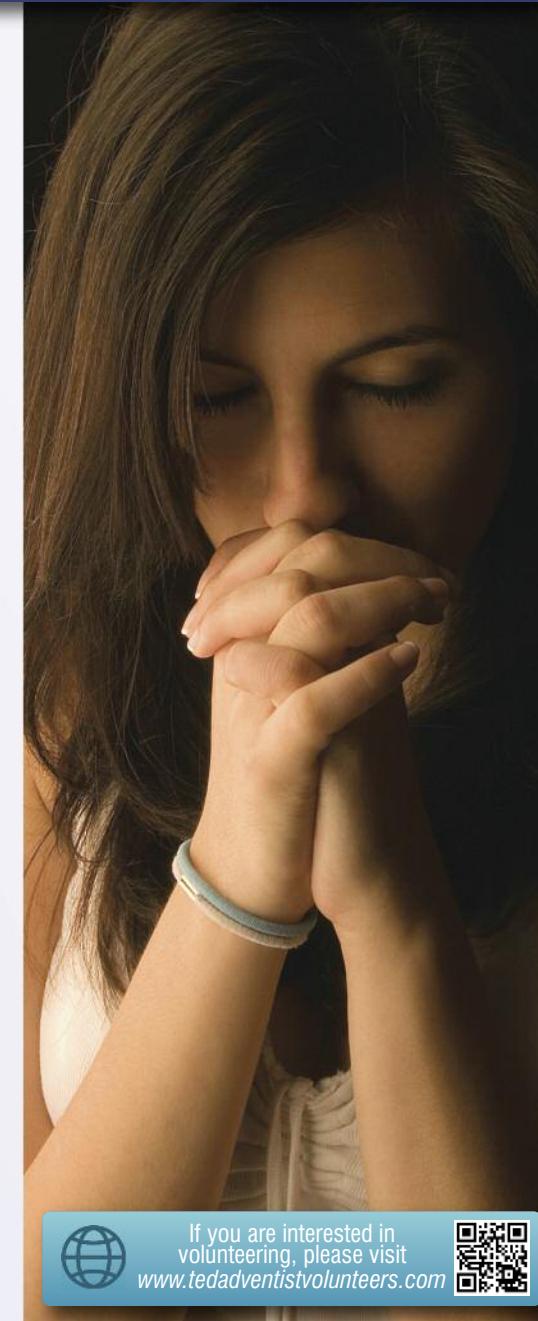
really what I want to put in a scrapbook. Being a volunteer was not what I expected. In fact, it seems like it was a complete disaster. I never imagined this in my wildest dreams. But God did bless me. He answered my prayer to be stretched and to grow in faith. Through amazing people, in both Yap and Guam, I learned that no matter what happens and how fast your world seems to be plunging, God is there. He shows Himself through friends who stay with you in the hospital, force you to eat, remind you to pray, and support you through it all.

He shows Himself through families who take you in, give you advice, and make you laugh when all you feel like doing is crying. Finally, He shows Himself through experiences that seem like disasters, but have small answered prayers hidden in them. Do I still doubt? Yes. But I am moving on. My volunteer experience was not what I envisioned or what I wanted at the time, but it was what God had planned, and with time and prayer that is becoming good enough for me.

Though serving as a volunteer was the hardest experience she has faced, Pamela believes that her faith was stretched and that God knows best. She hopes that this article will be inspiring to those who may be going through difficult times while serving.

Pamela Simanton, originally from Canada, served as a third grade teacher at the Yap SDA School from July of 2011 to October of 2011 and from January of 2012 to March of 2012. Her motivation to serve as a volunteer stemmed from her desire to grow in faith and allow God to work through her.

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If you are interested in volunteering, please visit www.tedadventistvolunteers.com





My Newbold experience: exquisite ◦ Judith Makiankhondo

I sit here, in Newbold College's library, after collecting the remaining pieces of my work from three years of study. What is striking is that the more I read these pieces, the more I realise what a great experience I have had here at Newbold. Numerous hours have been spent here in the Roy Graham library, and I would do it all over again. However, the truth is, I am a Newbold graduate: I am done. As I hold my Arts and Humanities degree in my hand, I must say, my time at Newbold was exquisite!

Some people have asked me why I hold Newbold College with such high regard, and the answer lies in what Newbold prides itself in doing – 'lead[ing] students to learn how to think, and teach[ing] them how to learn anything for themselves'.¹ I am the evidence of this statement. In 2009, there I was, sitting in this very place I now call familiar, a place where words just seem to freely flow in my mind. Then, it was a different story; a 1,000-word essay seemed as scary as jumping from the world's highest peak! I began to wonder if studying at Newbold was indeed God's plan for me. I needed so

many tutorials; I grabbed any chance for a one-to-one with the lecturers, and kept my eyes open to see how others were surviving in this academic wilderness. I then found out that there was a knack to it, and here at Newbold I cracked it!

As an Arts and Humanities student, I felt that Newbold had a distinct way of using art, music and literature, to show how creative the human mind is. The college trips to the homes of authors C. S. Lewis in Oxford and Thomas Hardy in Dorset were eye-openers for me. These were ordinary people, with ordinary upbringings, but with phenomenal creativity! This made me think, if God created and gave these literal 'greats' their gifts, He must also have something in store for me! I then started to realise that Newbold was God's plan for me, and my academic progress confirmed it too. So, when I found my passion for poetry and creative writing, I did not hesitate, but wrote. There I was with a pen and paper, indeed living the Newbold dream.

I began to learn how to write for the screen and for the radio, but mainly produced my own pieces of poetry. In turn, I appreciated the art that is out there, but mostly, I appreciated the 'all-time great Artist' up in Heaven. To graduate means to be exposed and to be ready for a creative environment that has thrived since the times when C. S. Lewis wrote the *Chronicles of Narnia*, J. R. R. Tolkien, *Lord of the Rings* and T. S. Eliot, *The Waste Land*. Therefore, I am on fire, ready to face this world, share the beautiful knowledge I have gained and tell everyone how God led me to experience the awesomeness of Newbold College.

As I write this article I reflect; I know God used Newbold to align me with my gifts. This is why I call my past three years 'my precious', and if I had to do it again, I would. But for now, so long Newbold; keep your blessings flowing!



Judith Makiankhondo is from Malawi and has graduated with an Arts and Humanities degree from Newbold College. Her passion is creative writing. 'It was such an honour to share one of my poems at the graduation ceremony. Through my writing I intend to positively impact others.'

¹ www.newbold.ac.uk



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Power of One

More than 100 youth from the UK and Ireland attended the Pan-European Youth Congress in Serbia, 30 July to 4 August.

Further to the previous report, the weather remained in the high 30s all week, which was almost too hot for Friday, when all 2,500+ attendees hit the streets in Novi Sad to paint fences, clean up a school playground, give out bottles of water and watermelon, give blood, and exchange fruit for cigarettes to passers-by in the street. These were among the activities on offer that the youth enthusiastically helped with on the Service Day.

The Friday evening service culminated in a baptism. Eleven candidates were presented on the platform, and after they proclaimed a profession of faith, a carefully instructed movement of the attendees adjourned to the outdoor amphitheatre. It was at this point that Kari Rothwell, an Irish Mission youth, came forward and requested baptism.

A phone call to family in Ireland, and an enquiry with her pastor, resulted in Kari joining the last group of four into the baptismal pool. For Kari, this was the right time to make this public statement. On request by Pastor Nathan Stickland, the large crowd of youth agreed with a loud 'YES!' to be Kari's witnesses of her commitment to God, and then she was baptised.



◦ **Nathan Stickland**
BUC Youth Ministries Director

For some, a carefully staged baptismal programme is planned. For others, like Kari and the Ethiopian man in Acts 8, when they believe with all their heart, there and then is the appropriate time. Noteworthy is that, along with other requests for Bible study and commitments to continue in faith, 200 people at the congress requested baptism. That is about 8% of those attending!

On Sabbath the General Conference Youth Ministries Director, Pastor Gilbert Cangy, talked about the 'Power of One' leading in our life. In the evening a symbol of commitment was portrayed by all attendees breaking glow sticks and lighting the auditorium as a sign they will let the power of God go with them and let their light shine.

Many other stories, pictures, and Facebook comments have been made during the week. While sad to depart, attendees are now excitedly looking forward to the next Pan-European Youth Congress in Spain, 2017.

In the meantime, there will be a UK and Ireland Adventist Youth Congress over Easter 2015. For more information about all youth activities in the British Union Conference, see: www.adventistyouth.org.uk and on Facebook join and like 'Adventist Youth, UK & Ireland'.



Reprint of article from *BUC News*: see more at: <http://adventist.org.uk/news/2013/2013-buc/one-congress,-12-baptisms,-200-commitments>

Drink from the well

I have found that many of us youth leaders risk knowing the heart of religion, but not having the Gospel in our hearts. Serbia was an awakening experience for me. We are told to keep our hearts clean and our hands dirty and ready to serve, but what happens when the balance is lost? How do we go from such polarised extremes as youth leaders? I recall, even as I write, names of young ministers, youth leaders, young people and pastors all struggling, proving to be human like the rest of us.

The proverb 'Ministry is God saving us as we serve others' comes to mind, but is it merely a feeling, a hope, a probability for all those sleepless nights, disheartening and discouraging moments? Where is the joy of salvation? Too often I have heard this cry.

After five years of giving myself away to others, I finally had nothing left to give. In the past two years, I cannot recall being able to sit and enjoy any more than five church services. Before the Pan-European Youth Congress, my doctor shared the most shocking news: 'You're showing early stages of anxiety.' I learnt that power, even when well-intended, causes suffering, but grace is like a river that flows to the lowest parts. As the plane took flight from Luton Airport, so did my soul look up, my perspective slowly changing. Though I fell asleep in the physical, I dared my soul to start to awaken.

What struck me in Serbia was the 41-degrees-Celsius weather. Wherever you looked, there was someone seeking or consuming water. I asked myself many times, 'How many of us are actually



◦ **Racheal Cuffie**
London Adventist Youth Federation President

thirsty?' As we consume this physical water to quench our thirst, how many of us truly need to drink from the well that never runs dry?

Youth Congress met my need: we were never low on living water, and all who came to drink drank and were satisfied. Like the river of grace, Jesus came down to the lowest parts and fellowshiped with us. Many young people came as they were, and they left living the sermons that were preached, knowing that God loves us because He is God, and not because of who we are. The intentionality of each programme left no room for idleness. While the blissful weather, great shops and amazing river offered a time for leisure, the atmosphere called for soul-searching.

As young people from around the world gathered in a display of colour and unity, a glimmer of the earth made new shone on every face. Pan-European Youth Congress saved my life and I know it impacted others. Our God met us in an unfamiliar place and indulged us with a feast of eternal treats. As a youth minister experiencing my first youth congress, I left knowing that each day we will face trials, but Jesus has the power to make us ONE – to make us whole, we simply need to choose and accept. 'God wants us to choose to love Him freely, even when that choice involves pain, because we are committed to Him, not to our own good feelings and rewards. He wants us to cleave to Him, as Job did, even when we have every reason to deny Him hotly.' Philip Yancy, *Where Is God When It Hurts?*





Community outreach goes global!

o Zinze Bishop

This year the General Conference chose South Africa to host the 3rd World Congress on Youth & Community Services. The opening ceremony held at Saint George's Hotel, Pretoria was represented by nearly 100 countries. On Sabbath 13 July, 10,000 Adventists including those from local churches met for the Worship Service. Dr Ben Carson (Director of Neurosurgery, Johns Hopkins University) gave his testimony, which inspired us to 'work hard and never give up'. Pastor Ted Wilson's (President, GC) presence throughout the week showed how important he recognised the role of a young person in the Church to be.

Our group of 30 delegates from the BUC was led by Pastor Steve Thomas (Youth Director, SEC). We spent the first few days volunteering at the Steve Biko Hospital and served meals to patients and their families at Oasis Clinic – a HIV drop-in centre. Pastor Gilbert Cangy (Youth Director, GC) commented, 'People had a wonderful time serving and making a real impact throughout the country.'

The hospital's voluntary team invited us to pray with families of those who had lost loved ones and offer our support. On other days we joined another group from America on their Community Service Project. Stan Sigwale, SEC delegate, stated, 'Impact South Africa has really changed my life on how I share Jesus in urban areas. At Magnola Haven, an old people's home, we helped cook meals for the residents, painted the fence and the driveway, and prayed for the residents.'

I believe, more than anything, we learned that to reach out and serve others is the most important part of being an Adventist. Many people are finding that attending church every Sabbath is just not enough, as we have a duty to 'go into all the world and preach the gospel to all creation' (Mark 16:15, NIV).

Shereen Rodney from Chingford Church commented, 'Impact South Africa was an eye-opening experience. By following Christ's example of attending to people's needs we effectively became the sermon. The task ahead now is to impact our local communities, our cities and our country at large. If we all take responsibility for a role in this work we will be able to impact the world for Jesus Christ.'

To watch SEC Youth Ministries videos online, visit www.youtube.com/user/pastorsteveThomas



Fluorescent sheep

o Vanesa Pizzuto

Recently, a group of scientists from Uruguay created the first fluorescent sheep. These sheep were genetically modified (using fluorescent protein from jellyfish) to glow in the dark. 'From the outside they look and act like ordinary sheep,' a journalist commented; 'their only difference is that they glow when being covered with ultraviolet light.'¹

The pictures of these yellowish sheep circulated around the globe in newspapers and the social media. Animal rights activists were quick to point out that fluorescent sheep will be easily located by predators; and the general opinion was that this was a rather pointless genetic modification. Yet, a few days later, my eyes fell on the verse, 'As you behold, you will glow' (Isaiah 60:5, JSB) and I could not help but think of the fluorescent sheep.

What could happen if we were a herd of fluorescent sheep piercing the dark? Christian author, Stormie Omartian, believes that 'the light we give off to others is a reflection of God's Son. As we look to Him, we reflect His light. When we allow God's light to shine through us . . . it not only shines on those around us but it illuminates our own path as well.'²

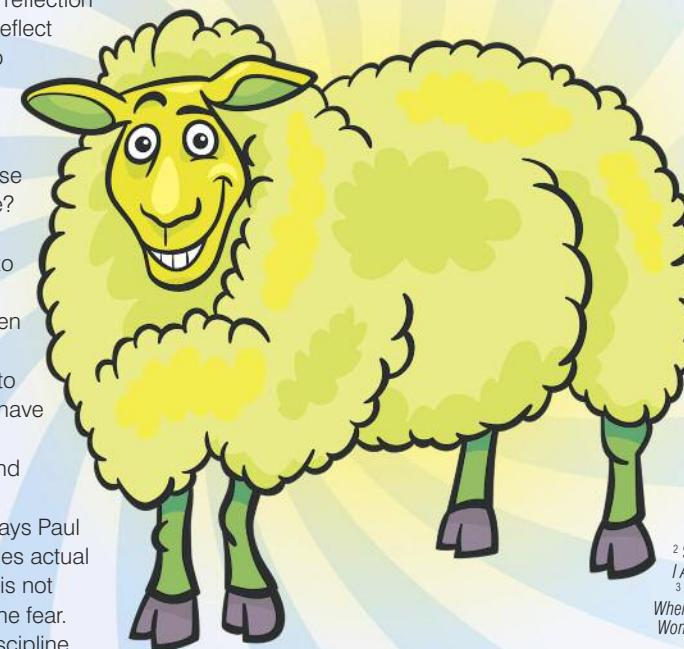
We have the power to glow like these genetically modified sheep! But do we? At times I am afraid of stepping out of my comfort zone and being exposed to ridicule. I just want to fit in and let someone else do the glowing. But when I do that, I not only deprive others of light, but also myself. Satan wants us to believe that if we live small lives, we'll have fewer problems. The truth is that living small will only turn us into unfulfilled and mediocre people.

'Living small is profoundly sinful,' says Paul Coughlin; 'Peace that avoids and denies actual conflict is counterfeit.'³ So the answer is not switching off the light, but turning off the fear. The great news is that courage is a discipline. The more we practise, the better we get at it! Jesus is ready to set us free from the fear of what other people may think

of us, and the need to constantly seek for approval.

So let us live for an audience of one, and make that One Jesus. We were created to glow, made to accomplish great things. Jesus said: 'I tell you the truth, anyone who believes in me will do the same works I have done, and even greater works' (John 14:12, NLT). It is high time we take Him at His word! Don't let timidity or fear rob you of the great plans that God has for your life. Glow, sheep, glow!

Prayer: Lord, I want to live for an audience of One: You. Give me the courage of Caleb, to believe that I can accomplish anything You call me to do (no matter how big the task or how small I am). Like Moses, help me glow in Your presence and lead others to You. Please take my fears away and put courage and faith instead. I take You at Your word; enable me to do GREAT things for Your Kingdom. Amen.



¹ We must know: wemustknow.wordpress.com/2013/04/27/fluorescent-sheep-born-in-uruguay/
² Stormie Omartian, *Enough Light for the Step I Am On*, page 168, Harvest House Publishers
³ Paul Coughlin, *No More Christian Nice Guy: When Being Nice - Instead of Good - Hurts Men, Women and Children*, page 163, Bethany House

Bible references:
 Jewish Study Bible (JSB) & New Living Translation (NLT)

Mental health warning signs

How do you know when something has gone wrong with the way you think, feel or behave?

It might be helpful, should you become aware of changes in your thought patterns, your feelings or your behaviour and concerned comments about you from others, that you share it with someone by letting them know what you are experiencing. This could be your parent, guardian, friend or anyone else you trust.

There are some key expressed feelings, experiences and behaviours that present as warning signs or red flags for mental ill health that need to be investigated.

The following give an indication of what to look out for:

Feelings:

- Overreacts often
- Very angry most of the time
- Frequent crying
- Constantly expresses feelings of worthlessness or guilt
- Preoccupied with physical appearance or problems
- Anxious or worried a lot more than other young people
- Extremely fearful generally
- Expresses grief for an extended time after a loss or death
- Frightened that they are no longer in control of their mind or that someone else is controlling it

Affected by:

- Poor concentration
- Excessive fidgeting
- Difficulty making decisions
- Lacks focus
- Exhibits repetitive acts or demonstrates compulsive behaviour like hand-washing, cleaning, or performing certain routines several times a day
- Persistent nightmares
- Worries about being harmed or hurting others
- Thinks they are a bad person or prone to do 'bad things'
- Irrational thoughts

Experiences/changes:

- Loses interest in hobbies
- Avoids friends or family
- Declining performance at school
- Excessive daydreaming
- Inability to complete activities
- Unexplained changes in sleeping or eating habits
- Isolates self, preferring to be alone most of the time
- Expresses inability to cope with life
- Hears voices that cannot be explained
- Talks about suicide

Behaviour:

- Erratic behaviour
- Alcohol consumption or other drug use
- Develops behaviour which raises suspicion of anorexia or bulimia (diets or exercises excessively to 'lose weight' although obviously thin, abuses laxatives, takes enemas when not constipated, eats large amounts of food and then induces vomiting)
- Finds enjoyment in hurting others
- Wilfully destroys property
- Deliberately breaks the law
- Takes uncalculated risks
- Endangers life of self or others without apparent concern

o **Sharon Platt-McDonald**
BUC Director for Health, Disability
Awareness and Women's Ministries

If anything in the above categories relates to you, then getting professional help is very important: especially if there is a risk of self-harm or the potential harm of others. A good starting point would be to book an appointment with your GP.

A referral may need to be made to a behavioural therapist, psychologists, psychiatrists or educational psychologists, a social worker or a Christian counsellor as necessary.

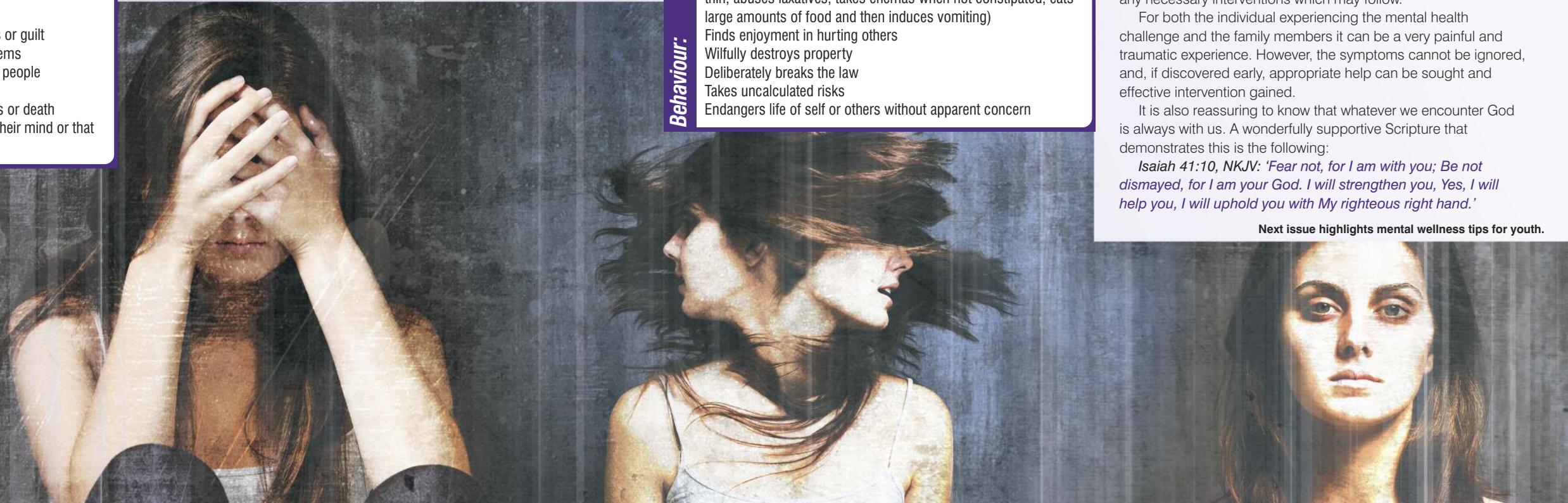
If you notice any of the above signs in someone else, discussing your concerns tactfully and in a sensitive way will assist in gaining their trust and engagement. It is important to let them know that they are not being judged but that you genuinely care. This will help to assist them in being more compliant with any necessary interventions which may follow.

For both the individual experiencing the mental health challenge and the family members it can be a very painful and traumatic experience. However, the symptoms cannot be ignored, and, if discovered early, appropriate help can be sought and effective intervention gained.

It is also reassuring to know that whatever we encounter God is always with us. A wonderfully supportive Scripture that demonstrates this is the following:

Isaiah 41:10, NKJV: 'Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand.'

Next issue highlights mental wellness tips for youth.





Alumnus profile: meet Joshua Roberts



Joshua, please tell us a bit about yourself and your time at Stanborough.
I studied at Stanborough from 2004 to 2011. I am currently in my first year, studying for a Bachelor of Medicine and Surgery degree, at Barts and the London School of Medicine and Dentistry. When I finish, I intend to be a good doctor or surgeon.

Who is your favourite teacher?

That's a difficult question! I have a few. . . Mr Rivers is one of them.

And your favourite subjects?

Biology and Chemistry.

Stanborough organises international trips every year (for example, Hong Kong exchange, USA business trip, France and Spain language trips, India, and so on). Did you participate in any? Which one was your favourite?

My trip to India (STOP International humanitarian trip) was my favourite. India is a beautiful country. I enjoyed helping others and meeting the orphans. They taught me some invaluable lessons, like appreciating the things you have in life, never wasting things, and being thankful for family.

What was the most valuable lesson that you learnt during your time at Stanborough?

God is Master of my LIFE!

Any final thoughts?

I can do ALL things through Christ who gives me strength – Philippians 4:13!
Secondary school can be fun and exciting but only if you make it so! Do your best and God will take care of the rest! Everything is achievable so aim for the **stars!**



There's no 'u' in 'service'!



The Adventist World Church Youth Ministries Department has recently announced that the current theme for world youth ministries, mission and social action/service will be extended to 2014.

This year has seen the first world youth day where thousands of youth participated in social action activities like feeding programmes, giving blood, and giving out clothes and toys in orphanages. Within the UK and Ireland we had a limited push on this day, but we can plan for amazing things on 15 March 2014.

15 March starts the World Youth Week of Prayer, and is a time when we can get out of our churches and into our communities. The suggestion this year was to be the sermon rather than hear a sermon for that Sabbath.

Taking this one step further, and helping to develop habits of service in our youth, the British Union Youth Ministries Department is promoting a joint activity between the Youth Ministries and Adventist Community Services Departments. This concept is called 'YES Project'. YES is Youth Engaged in Service, and is intended to give youth the chance to make a difference in the streets surrounding the church they attend. Getting out of the church may be one way of showing an example to the older church members practical ways to express God's love in action.

Earlier this year the UK Government launched an initiative called the Campaign for Youth Action. Its scope and funding is for youth in England and Wales, but the data quoted is from across the UK (and may be similar in Ireland). Apparently, only 29% of youth aged 16-24 in England and Wales are involved in regular (monthly) volunteerism. But research shows that 91% of youth aged 11-16 years old 'would like to get involved in at least one type of activity presented to them'.

So here's the rub. What can we do in our churches to offer chances to our youth to get active in our communities? What do you want to do as a youth with your church in your community? Now is the time to prepare for the 2014 World Adventist Youth Day, 15 March, and for other Adventist Youth Community Action Projects. I want to encourage you to do something for God's sake!

The word 'service' is not spelt with a 'u'. Therefore, 'u' is not in 'service'. But 'you' can be in service for God. The only way you can serve others is if you get involved. 'I' is in 'service', but I can only be in service if I serve, otherwise I am only served upon. By this time next year, what will you have done to express God's love in action in your community?

o Nathan Stickland



For more information:
www.adventistyouth.org.uk



youthsocialaction.co.uk/evidence





AUG · 11-16 · 2014

The BUC is organising a group to attend this event.

For more information and to register your interest visit www.adventistyouth.org.uk



SEE YOU AT THE CAMPOREE!

The "Forever Faithful" International Pathfinder Camporee is the largest Adventist six-day youth event in the world. This one-of-a-kind event will take place August 11-16, 2014 in Oshkosh, Wisconsin, USA. Don't miss it!



Contact your regional Pathfinder department for more details and pricing, or www.adventistyouth.org.uk for more promotional information.



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